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QUICK BITE

Long Branch

Beachfront Cafe

At TP News and Cafe, a beachfront coffee house in Long Branch, caffeine comes in creative forms. Consider the Nutty Irishman (\$3.50), a drink made with espresso, Irish cream and hazelnut flavorings, steamed milk and whipped cream. It's both sweet and strong, as is the chocolaty caramel mochaccino (\$3.25).

For some nutritional balance, add a breakfast dish, like the bistro wrap with scrambled egg whites, roasted peppers, spinach and mozzarella (\$5.50). Bagels, muffins and scones are on the menu, too.

A bowl of puréed carrot-ginger soup is good for a light lunch (\$4.95). So is a cup of Boston clam chowder (\$4.25). A fruity Martha's Vineyard salad contains mixed greens, strawberries, blueberries, mango, toasted walnuts and grilled chicken (\$9.50).

The turkey focaccia sandwich is substantial, with thick slices of roasted turkey, jack cheese, roasted peppers, red onion and a peppercorn aioli (\$8). Sandwiches are served with

corn chips and chunky salsa.

An old-fashioned milkshake (\$4.50) or Annie's lemonade with strawberries (\$2.95) can accompany almost any meal, but the amaretto coffee shake, with vanilla ice cream, amaretto flavoring, coffee and whipped cream, is practically a dessert in itself (\$4.95). Or try the refreshing frozen hot chocolate, a cold drink topped with whipped cream (\$4.95).

TP News and Cafe, which opened in 2005, adjoins the Turning Point restaurant. They belong to a popular local chain. The cafe, seating 30, is smaller than the table-service restaurant. It is a good choice if you want to get breakfast or lunch to go, or if you want to sit down with your order and read a newspaper. You can buy that here, too.

TP News and Cafe, 92 Ocean Avenue in Pier Village, Long Branch; (732) 923-1504. Open daily from 7 a.m. to 3 p.m.; www.theturningpoint.biz.

KELLY FEENEY